

Internship Culminating Project: Becoming Well Balanced Students

By: Marshall Beachboard

What is a well balanced student?

- Use of character strong to identify with students what a well balanced student looks like.
- **Character Strong** activities to ask questions and provide examples to students about feeling connected; “turn and talk”, “what would you be doing/thinking/feeling”
- **Character Strong DARE** of the week implemented school wide: Each week a new “DARE” is given to promote a healthier school environment.
- Students answers to what a well balanced student looks like were:
 - Happy, healthy, good grades, friends, talks to others, happy with family, kind to others.

Data Sources: The Why..

- Attendance concerns within the 7th and 8th Grade.
- Behavioral referrals increasing (disrespect to staff/inappropriate language).
- Social, Emotional, Academic struggles certain groups of students (7th Grade).
- Creating a sense of school connectedness.

Data Sources: The Why..

Needs Assessment for Staff 2025

In the box below, please select what you think would be beneficial for our current 7th and 8th grade students. This will be based on a series of guidance lessons in the classroom to help promote a safe and healthy school.

Please select your top choice or add your suggestions



Multiple choice



☐ Social, Emotional, Mental Well Being



☐ Attendance/Tardies Goal Setting



☐ Managing Emotions



☐ Building Relationships



☐ Other:



Data Sources: The Why..

Valley Springs Middle School OFFENSES X

🔍 📌 🎭 🖨️ 2025-2026

198 OFFICE REFERRALS

3 PENDING INCIDENTS

382 MINOR INCIDENTS

Offenses

📄 CSV X

Offense	%	Students	Cost/Incident	Cost (days)	↓ Incidents
1 UB: Inappropriate Behavior	15	33	 0.47	13.60	 29
1 UB: Disrespect of Faculty/Staff	14	20	 1.32	35.61	 27
1 UB: Disruptive Behavior	13	21	 0.57	14.33	 25
1 UB: Aggressive Behavior - Personal Space Violation	12	19	 1.18	28.37	 24
1 UB: Insubordination	10	14	 1.21	24.15	 20

Data Sources: The Goal

- Use referral numbers based on behaviors over a 3 month span (Sept., Oct., Nov.)
- See if needs assessment and specialized lessons help to bring down numbers in the top 5 behavioral categories.
- Work to create a happier and healthier school environment
- Cut down missed seat time for students receiving referrals

Character Strong Examples

Character
Strong



ACTIVITY: Well-Balanced

The goals are to learn about and reflect on 3 aspects of well-being.

Why? Well-being is what makes up our social, emotional, and mental health. When our well-being is strong we connect with others, feel happier, and succeed at things we care about.



Character Strong Examples

Character
Strong



What Are You Doing?



Choose a number to reveal an image with 3 questions:

- 1.** What would you be doing?
- 2.** What would you be thinking?
- 3.** What would you be feeling? Answer all 3 and then pass to someone else to see how their answers might be different.

1



2



3



4



5



6



Character Strong Examples

Character
Strong



- 1: What would you be ***doing***?
- 2: What would you be ***thinking***?
- 3: What would you be ***feeling***?



Character Strong Examples

Character
Strong

Well-Balanced



Let's share out 1-3 ideas:

?

How does practicing **empathy** (choosing to care) and learning more about other people improve our own sense of social well-being?

Click "back" to explore another element of well-being or click "done" to move to the next part of the session!

back

done

Character Strong Examples

Character
Strong

NEW DARE

More Movement

Commit to 20 minutes of movement (go for a walk, dance, sports, etc.).

Bonus: take a picture of your activity, send it to a friend, and invite them to join you next week.



?

How does moving your body affect your energy and mood?

?

Why might inviting a friend to join make this challenge more fun?



(write the dare down as a reminder)

Character Strong Link for Presentation

https://curriculum.characterstrong.com/content/ms-grade-08-session-11-11-11?scope=25_SESSIONS&lang=en

Evaluation

Valley Springs Middle School MONTHS X

🔍 📌 🕒 🖨️ 2025-2026

198 OFFICE REFERRALS 3 PENDING INCIDENTS 382 MINOR INCIDENTS

Months						📄 CSV	✕
↑ Month	%	Students	Cost/Incident	Cost (days)	Incidents		
August 2025	3	3	0.82	4.10	5		
September 2025	26	38	1.34	69.85	52		
October 2025	29	46	1.50	85.56	57		
November 2025	32	49	1.58	99.68	63		
December 2025	11	20	1.37	28.81	21		

Things to Change:

- I would like to have a smaller sample size, use that to see if the program is actually working
 - Work with teachers to tailor lessons about things they can extend on in their own classrooms.
 - Train teachers on interventions to see if that helps limit the need for this broad of a lesson.
- Involve students on what they would like to talk about or gain input on what they would like for the school.
-

AIA Standards

- Counseling Prevention and Intervention - Using/Teaching Techniques to enhance school climate and help with preventative measures to limit behaviors. Using a program designed with tools to introduce interventions to students and staff that will promote better behavior/connectedness.
- Collaboration and Consultation - Working with teachers and admin to come up with a plan for a specific need they see in our school.

References

- CharacterStrong. (n.d.). *Homepage*. Retrieved from <https://characterstrong.com/>.
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- O'Grady, A. M., & Nag, S. (2024). Promoting emotion understanding in middle childhood: A systematic review of school-based SEL programs. *Social and Emotional Learning: Research, Practice, and Policy*, 4, 100068.
- Webb, R. L. (2024). *The effects of positive action, a character curriculum, on the social and emotional development of elementary children* (Master's thesis, Texas Christian University).